

# Sports Medicine Clinic opens inside Stuttgart Health Clinic

*Active-duty service members can be seen on walk-in basis*



**Master Sgt. Jerry A. King**  
**An airman works out while deployed to Kyrgyzstan. Injured service members can now walk in to the Sports Medicine Clinic in the Stuttgart Health Clinic Mondays to Fridays, 7:30 to 9 a.m.**

**U.S. Army Medical Department  
Activity, Heidelberg,  
Public Affairs Office Release**

**A**ctive-duty service members with new injuries such as sprains or strains can now walk in to the Sports Medicine Clinic in the Stuttgart Health Clinic on Patch Barracks Mondays to Fridays, 7:30 to 9 a.m.

The service members do not need a doctor's referral.

"The Sports Medicine Clinic enables beneficiaries to have direct, immediate access to a physical therapist," said Capt. Don Goss, chief of physical therapy.

- The Stuttgart Health Clinic is open Mondays to Fridays, 7:30 a.m. to 4:30 p.m. Active-duty sick call is 7:30 to 9 a.m. daily on a walk-in basis.

- Scheduled appointments begin at 9 a.m. Immunization Clinic hours are 7:30 a.m. to 11:30 a.m. and 12:30 to 4:00 p.m., Mondays to Fridays.

- Patients should arrive 15 minutes prior to their appointment times.

*For more information call the clinic at 430-8610/civ. 0711-680-8610.*

## Tricare Standard eliminates nonavailability statements

**Tricare Release**

**T**he Department of Defense military health system has eliminated the requirement for Tricare Standard beneficiaries to obtain nonavailability statements.

This change in policy allows Standard beneficiaries to receive inpatient care at civilian hospitals without obtaining prior approval from their military treatment facility, except for those needing non-emergency inpatient mental healthcare services.

"With this change in policy, beneficiaries now have the freedom to choose a military treatment facility or a civilian facility without any extra paperwork," said Dr. William Winkenwerder, Jr., assistant secretary of defense for health affairs.

"Tricare beneficiaries [are urged] to still look to the military health system as their first choice for healthcare because I believe the services we offer are second to none," he added.

Before the change, Tricare Standard beneficiaries had to first get a nonavailability statement indicating that care was not available from the military facility.

### Maternity

Under the 2002 National Defense Authorization Act, the military facility may request a departmental waiver of the elimination policy requirement in certain specific, but limited, circumstances. However, such limited waiver requests do not apply to maternity services unless the affected beneficiary began her first prenatal visit before Dec. 28, 2003.

Maternity patients should check with their local military treatment facility to compare maternity services there with those available in civilian facilities.

The military health system recently implemented a family-centered care program that offers enhanced services and recognizes the unique needs of military families in today's climate of increasing deployments and high operations tempo.

Beneficiaries are encouraged to review the enhanced maternity services at [www.tricare.osd.mil/familycare/default.cfm](http://www.tricare.osd.mil/familycare/default.cfm) and with their military medical provider.

### Mental health

The need for a nonavailability statement for non-emergency inpatient mental healthcare applies only to beneficiaries who use Tricare standard or extra, who are not Medicare eligible and who have no other health insurance that is primary to Tricare.

DoD does not require preauthorization for Tricare beneficiary inpatient mental healthcare when Medicare is the primary payer.

### Assistance online, in person

Beneficiaries should check the Tricare Web site at [www.tricare.osd.mil](http://www.tricare.osd.mil) if they are seeking an inpatient service and want to know if their nearby facility has applied for a nonavailability statement waiver.

They also may contact the beneficiary counseling and assistance coordinator or health benefits advisor at their facility for more information.

Before seeking care at a civilian facility, beneficiaries are encouraged to check with their military facility to compare services and answer any questions.

Even if the military treatment facility could not provide needed services in the past, the facility's staffing levels or capabilities may have changed.

*For more information call the Tricare Service Center at 430-4309/civ. 0711-680-4309.*

## Health Helpline activated

*Line reserved for deployment-related medical questions*

**Europe Regional Medical  
Command Release**

Toll free and DSN numbers have been activated in Germany, Italy, Belgium, Spain, England, Hungary and the Netherlands to assist service members and their families in contacting the Deployment Health Helpline in the United States.

The DSN number works from all U.S. government phones in Europe that support worldwide DSN.

### Operating hours

The Deployment Health Clinical Center Helpline is located in Washington, D.C., and is open Mondays to Fridays, 7:30 a.m. to 4:30 p.m., Eastern Standard Time, (1:30 to 10:30 p.m. Central European Time), excluding federal and training holidays.

### Eligibility

The helpline is for the following groups who have been deployed and have medical questions or concerns:

- ♦ Active-duty service members and their families
- ♦ Department of Defense contractors
- ♦ DoD civilians
- ♦ Military retirees

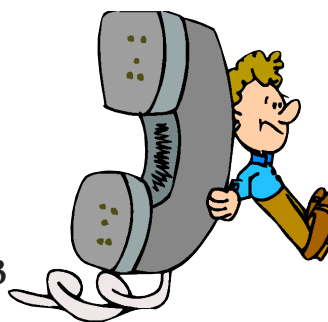
## Deployment Health Helpline

### Calling from Europe

- Toll free: 00800-8666-8666
- DSN: 312-662-3577

### Calling from the States

- Toll free: 866-559-1627
- Commercial: 202-782-6563



*Note: National Guard and Reservists not on active duty who have medical questions or concerns related to a deployment should contact the Veterans Administration helpline at 800-749-8387. This number is not toll free if called from outside the continental United States.*

Any deployment-related medical question or concern regarding physical or mental health care may be addressed through this venue.

If the question cannot be immediately answered, it will be forwarded to an appropriate health care expert, who will contact the caller as soon as possible.

### After hours questions

Callers may leave a message after duty hours or when the helpline is busy. Calls will be returned the same day or

during the following workday.

When leaving a message with the helpline, callers should identify themselves and their duty location and provide complete DSN and commercial numbers – including country codes – so calls may be successfully returned to Europe.

*For more information visit [www.pdhealth.mil](http://www.pdhealth.mil) or call Cynthia Vaughan at 371-3317/civ. 06221-173-317.*